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Olympic Wushu Jianshu Form: Step-by-Step Instructions

Required Elements

- **Eight (8) straight sword techniques:**
  - Cì Jiàn (Thrust)
  - Guà Jiàn (Hooking Parry)
  - Liāo Jiàn (Uppercut)
  - Diǎn Jiàn (Pointing)
  - Pī Jiàn (Chop)
  - Bēng Jiàn (Upward Tilt)
  - Jié Jiàn (Intercept)
  - Jiǎn Wàn Huā (Figure “8”)
  - *At least one full set of Guà Jiàn (left and right) connected with Chuān Guà Jiàn (behind the back)*
- **Three (3) stances:**
  - Gōng Bù (Bow Stance)
  - Pū Bù (Crouching Stance)
  - Xū Bù (Empty Stance)
- **One (1) extended balance technique**

General Step-by-Step Structure

1. **Opening:**
   - Start in attention stance, salute with the sword.
2. **Initial Movements:**
   - Step into Gōng Bù, execute Cì Jiàn (thrust).
   - Transition to Guà Jiàn (hooking parry) left, then right, connecting with Chuān Guà Jiàn (behind the back).
3. **Combination Techniques:**
   - Perform Liāo Jiàn (uppercut), Diǎn Jiàn (pointing), and Pī Jiàn (chop) in sequence.
   - Transition through Bēng Jiàn (upward tilt) and Jié Jiàn (intercept).
4. **Figure “8” Technique:**
   - Execute Jiǎn Wàn Huā (figure “8” movement) with the sword.
5. **Stance Transitions:**

- Flow through Gōng Bù, Pū Bù, and Xū Bù as you perform the techniques.

6. **Balance Technique:**
   - Incorporate an extended balance (e.g., standing on one leg while performing a sword action).
7. **Closing:**
   - Return to attention stance, finish with a salute.

Note: For detailed breakdowns of each technique and transitions, refer to official Wushu competition guidelines or instructional videos, as the precise sequence and choreography can vary by routine and competition level[1].

Olympic Karate Kata: Step-by-Step Directions

Below are concise step-by-step outlines for each requested Shotokan kata. For comprehensive learning, it is recommended to follow along with video tutorials or learn from a qualified instructor.

Gankaku (Crane on a Rock)

1. **Begin in yoi (ready) position.**
2. **Step left, block down with right hand in back stance.**
3. **Spin, maintain balance, block with X-block in kiba dachi (horse stance).**
4. **Step forward, jodan tsuki (high punch) in front stance.**
5. **Perform double kicks, land in X-block.**
6. **Step back, X-block to the rear, transition to back stance, downward block.**
7. **Advance, open hand block, transition to kiba dachi.**
8. **Signature crane stance:**
   - Left leg behind right, stand on one leg, left hand up, right hand chambered.
   - Perform side snap kick, backhand, then punch.
   - Repeat sequence, focusing on balance and control.
9. **Finish:**
   - Return to yoi position, maintain composure and focus.

This kata emphasizes balance, precision, and the iconic one-legged "crane" stance[2] [3] [4].

Hangetsu (Half Moon)

1. **Start in yoi position.**
2. **Step forward into hangetsu dachi (half moon stance), slow open hand blocks.**
3. **Dynamic tension breathing:**
   - Tighten stomach, exhale sharply multiple times.

4. **Explosive first kiai (spirit shout) with a strong technique.**
5. **Turn 180°, double block and strike.**
6. **Small hand movements representing grabs and blocks.**
7. **Maintain rooted, solid stances throughout.**
8. **Repeat sequence, focusing on dynamic tension and breathing.**
9. **Finish with strong kiai and return to yoi.**

Hangetsu focuses on dynamic tension, breathing, and rooted stances[5] [6].

Jitte

- **Begin in yoi.**
- **Step out, perform jodan-uke (upper block) and various sweeping and blocking techniques.**
- **Emphasize strong stances and transitions, including kiba dachi and zenkutsu dachi.**
- **Perform signature jitte movements:**
  - Multiple blocks, strikes, and a unique “staff-block” motion.
- **Finish with a strong kiai and return to yoi.**

Jitte is known for its defensive movements and solid stances.

Chinte

- **Start in yoi.**
- **Perform a series of circular blocks and strikes, emphasizing soft and hard transitions.**
- **Include unique hand techniques such as nukite (spear hand) and circular wrist movements.**
- **Finish with distinctive returning hand motions and a final strong stance.**

Chinte is characterized by its circular, flowing techniques and unique closing movements.

Summary Table: Kata Key Features

Kata	Key Focus	Signature Element
Gankaku	Balance, precision, crane stance	One-legged "crane" stance
Hangetsu	Breathing, tension, rooted stances	Dynamic tension, hangetsu dachi
Jitte	Defense, strong stances	Staff-block, multiple blocks
Chinte	Circular, flowing techniques	Unique hand/finger techniques

For detailed step-by-step video instruction, refer to reputable YouTube tutorials and official karate association resources for each kata[2] [5] [3] [6] [4].

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1. https://www.munideporte.com/imagenes/documentacion/ficheros/11111111111111wushu.pdf
2. https://www.youtube.com/watch?v=OJi3lwnx0jI
3. https://www.youtube.com/watch?v=XQkmXrKJRUg
4. https://www.youtube.com/watch?v=jKZ0r8paMPA
5. https://www.youtube.com/watch?v=IlbPuLPMS4k
6. https://www.youtube.com/watch?v=mkhxr5peu_M